

LOUGHTON
Urban District Council.

REPORTS
OF THE
Medical Officer of Health,
Inspector of Nuisances,
and Surveyor.

For the Year ending Dec. 31st, 1909.

LOUGHTON AND EPPING:
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ANNUAL REPORT

— OF THE —

Medical Officer of Health.

JANUARY, 1910.

To the Chairman and Members of the Loughton Urban District Council.

GENTLEMEN,

The District. Your District is situated in a hilly neighbourhood, the low lying portions being well drained. There are only three cottages in proximity to the Roding river. The subsoil is clay, with the exception of pockets of gravel on several of the hills. The locality is, with the exception of Epping Forest, moderately timbered. A large portion of the district lying round the inhabited area is grazing land, rented by dairy farmers. The total area is 3,961 acres.

The Population. The Population is estimated at 6,000 inhabitants ; of these, the well-to-do are chiefly occupied in business in London ; a small section are engaged in local trade ; and a large working class population are occupied in farming, domestic service, the building trades, and on the Railway. There being no workmen's trains, the working class are nearly all employed in the district. There is no large factory, and no particular occupation which is detrimental to health.

House Accommodation. The houses in the district may be divided into two main classes :—residential, and cottage property. Of the former there is nothing to note ; as regards the latter, the cottages are on the whole well built, clean, and sufficiently commodious. The majority of the cottages have gardens, or at any rate sufficient curtilage. The Sanitary Authority exercises due supervision over the erection of new houses under the bye-laws. No action has been taken under the Housing of the Working Classes Acts.

Sewerage and Drainage. The Sewerage and Drainage of the District is with one exception satisfactory. The sewers are well ventilated by means of shafts at the highest points on the various hills ; and the arrangements for keeping storm water out of the sewers has prevented the flooding and overflowing of the main sewers. The disposal of sewage from one building situated at a distance from the main sewer, and surrounded by Forest land has repeatedly received the attention of the Sanitary Authority. The present arrangement of bacterial treatment in this case has proved a nuisance to the owners, who are debarred from otherwise disposing of their effluent upon Forest land. The removal of the bacterial plant from close to

the house to a convenient spot in the Forest, where it could be railed off from the public, would overcome the present difficulties, and obviate the costly alternative of laying a drain from the building in question to the main sewer.

The time is not far distant when the duplication of the main sewer to the sewer farm will become necessary owing to the development of property immediately N.W. of the railway station.

The house drains are on the whole satisfactory, and defects are remedied as soon as they are discovered.

The cottage property is systematically inspected, and, where necessary, repairs and reconstructions are carried out. I regret again to note that many w.c.'s are without flushing tanks, and I ask owners of this class of property to gradually introduce them where they are wanting. Since the adoption of the byelaws in 1900-1, no building plans have been passed without this very necessary accessory. The working class requires every cottage in the district, so that there is no competition to force owners to effect these necessary improvements.

The localities of Debden Green and Rectory Lane are not included in the Loughton Drainage System.

The houses and cottages in these places are dealt with efficiently by cesspools, which are regularly supervised.

The Sewage Farm.

The whole of the sewage, except in times of flood, is now purified by a system of bacterial filtration. The sewage is conducted into open septic tanks, which feed two coke filter beds. The sewage is sprayed on to these alternately by means of revolving arms. The effluent is finally cleared by being passed through beds of washed sand. In times of flood the excess flow is turned on to the land belonging to the farm, and by percolation finds its way to a channel at the lower end towards the river.

The bacterial system in vogue is absolutely satisfactory, and is capable of extension, when the increase in population demands it.

Scavenging. The scavenging and removal of house refuse has been more efficiently carried out than in past years. I would, however, repeat my view that in a residential district the removal of house refuse should be carried out weekly.

Water

Supply.

The water supplied by the Metropolitan Water Board is derived from deep wells sunk into the chalk of the Lea Valley; from these it is pumped to a covered reservoir at High Beech. It is hard, and free from any organic or bacterial contamination.

Places Supervised.

There are no common lodging houses. The licensed slaughter houses, dairies, cowsheds, milkshops, bakehouses, and workshops, are regularly visited, and kept in a sanitary condition. With the exception of a small artists' colour factory, and a racquet factory, no factories exist in the district. There are no offensive trades.

Bye-Laws. Bye-Laws are in force with regard to building plans, which are all strictly supervised before being passed by the Sanitary Authority. Bye-Laws relating to nuisances, slaughter houses, dairies, cowsheds, and milkshops are in force, and form the basis of the work done by the Sanitary Inspector.

Milk Supply. The entire milk supply of Loughton is derived from dairies within the district with one exception. The quality of the milk is good, and there has been no reason to suspect any bacterial or tuberculous contamination. The cowsheds, though in some instances somewhat antiquated, are well kept. The dairies are clean, well built, and efficiently ventilated. The cooling and straining of the milk is well carried out. There are no special bye-laws in force in respect to the milk supply, but the co-operation of the dairymen with the Sanitary Authority has been satisfactory. I am, however, convinced of the expediency of testing milch-cows periodically with tuberculin — a practice which I hope all dairy farmers in this district will adopt before long.

Foods. The storage of food is satisfactory; it has not been necessary to take any action under the Food and Drugs Acts. No carcases have been condemned for tuberculosis.

Pollution of Rivers. Since the extension of the Bacterial System at the Sewage Farm, no further pollution of the river Roding has occurred.

Elementary Schools. The sanitary arrangements of the elementary schools are in good order. The schools themselves, with the exception of the girls' department, are ample in air space, and are well ventilated. The building in which the girls are taught does not fulfil the requirements of the Board of Education. It is proposed to build a new school shortly.

Medical Inspection of Scholars. The first inspection of scholars has been held this year by the Assistant to the School Medical Officer of the County. In many cases the parents have taken advantage of the report furnished by him to have such defects as the removal of teeth, tonsils, and adenoids remedied by the local practitioners; and in several instances errors of refraction have been corrected, and glasses provided. It is only fair to point out that this work has been practically gratuitous on the part of the medical men; and a serious question arises as to how far the State should expect such work to be done by private practitioners. On the other hand, if the recommendations of the School Medical Officer are not carried out the result of his labour is merely statistical. As regards the co-operation of the School Medical Officer with the Medical Officer of Health, I am of opinion under the existing Acts in force in this district this can only be effective in matters relating to the housing of the children. No definite information, however, has been forwarded to me on this point. I am indebted to the head teachers for prompt notification as regards suspected cases of all varieties of infection,

whether notifiable or not. Having no authority, however, over non-notifiable infections, such notification at present serves no useful purpose. It is difficult to see how further the Medical Officer of Health can be of service to the Education Authority, as suggested in the recent memorandum of the Board, under the existing Acts in force, unless he himself is a recognised Assistant to the School Medical Officer of the County.

Infectious Diseases.

The notification of scheduled diseases is in force. Cases which cannot be effectually isolated at home are removed by ambulance to the Isolation Hospital at Epping. Since my last report Loughton has been advised that the present arrangement cannot be continued beyond Lady Day, 1910, and negotiations are pending for the accommodation of fever cases elsewhere. This matter has received my personal attention, and the Council is already in possession of my report.

Infected premises are disinfected with liquid sulphur di-oxide, this being used in preference to burning sulphur, as a more thorough disinfection is thereby obtained. In some instances the Formalin lamp has been employed.

Scarlet Fever Epidemic.

During the year 65 cases of Scarlet Fever were notified. The epidemic was almost entirely confined to children attending the primary Council Schools. Nineteen cases were notified up to the end of May. These, however, were fairly evenly distributed over the district, and the various school classes. From June 6th to 9th inclusive, however, again nineteen cases were reported, ten of whom were already desquamating. There is little doubt that these cases which had been missed on account of the slight symptoms they exhibited, contributed chiefly to the spread of the disease. I inspected the children in the schools on the 7th and 8th of June, but could find no evidence of scarlet fever carriers, nor any other children in a state of peeling. The teachers also were warned to exercise particular supervision. From June 12th to July 30th inclusive, fifteen more cases were notified. During August, whilst the schools were closed for the summer holidays, no fresh cases occurred, but in September two more cases from the Infants' School occurred; and in October eight were notified. Of these last, six came from England's Lane. Of the total number of cases, 32 were in the Infants' School; twelve between the ages of ten and twelve inclusive; three were babies under two years; and five were adults.

With the exception of two cases, those which occurred in the Infants' School were reported on and after June 6th, ten being notified between June 6th and 9th. I had therefore no evidence before me during the latter part of May which might have led me to advise the closure of the Infants' School at that time. After June 9th, during the rest of the month, only one case occurred in the Infants' School, with three in the other Schools. I considered therefore, that I was justified in taking no action: but with the curious uncertainty of Scarlet Fever, no less than

eight more cases were reported from the Infants' School ; and if the summer holidays had not been imminent, I should have advised the immediate closing of all the schools in the middle of July.

It is worth recording that during the month of May, from the 14th to the 24th, the schools were visited by Dr. Jones, Assistant School Medical Officer, who inspected the majority of the children. It must have been shortly after his inspection that the first large batch of cases occurred.

The analysis of this epidemic emphasises the fact that if Scarlet Fever epidemics are to be arrested early, firstly, repeated inspections of all scholars are necessary, and secondly, they should be conducted by or under the supervision of the M.O.H., who alone is cognisant of the general situation. In this instance, it was noted above that several cases were not identified as Scarlet Fever on account of the anomalous characteristics presented, until other and later cases occurred in the same families. Some of the former had been suffering from Scarlet Fever from two to three weeks. The M.O.H. was, however, aware of other cases than these, and would, if he had been informed, have been able to have settled the diagnosis, in the light of this evidence. In other and more populous districts where the M.O.H. is responsible for the district supervision of the scholars, the annual reports show the great advantage of this obviously necessary extension of his duties, which in the present instance can only be exercised when an epidemic has already developed. Under ordinary circumstances a M.O.H. does not inspect individuals, nor does he enter houses except for the purposes of investigating infectious outbreak, or known or suspected insanitary conditions.

**Other
Notifiable
Diseases.**

Of the other notifiable diseases, two cases of Erysipelas alone were reported. It is worthy of mention that no case of Typhoid Fever was either notified or contracted within the district, which has been practically free from it for some years past. No cases of Diphtheria were notified.

**Tuber-
culosis.**

A system of voluntary notification of pulmonary Tuberculosis was adopted three years ago, but as I reported last year, is a dead letter. No deaths from pulmonary Tuberculosis occurred during the year ; and no cases were reported amongst those in receipt of out-door relief. There is no special accommodation for these cases in the district, which is singularly free from Tuberculosis generally.

**Vital
Statistics.**

I have estimated the population at 6,000, an increase of 100 over 1908.

The birth-rate for the year is 19.1, the average being 19.3 per 1,000 inhabitants.

The nett death-rate for the year is 9.2 per 1,000 inhabitants, the average being 8.7.

The uncorrected death-rate is 8 per 1,000, and the average 9.8. The plus difference of 1.2 is accounted for by deaths of residents occurring in institutions outside the district, such as the Epping Infirmary, and the hospital at Buckhurst Hill.

The total number of deaths registered of residents is 55. Of these, 8 occurred under 1 year, 3 over 1 and under 5, 1 over 5 and under 15, none over 15 and under 25, 26 over 25 and under 65, and 17 over 65.

Three deaths only occurred from Cancer, as compared with 2 the year before; so that at any rate in this district the mortality from this disease is not on the increase.

Pneumonia is responsible for 5 deaths, and Bronchitis for 2, the total being 8 last year.

There have been no deaths from Puerperal Fever. Midwives do not practise in the district.

Infant Mortality.

The Infant mortality is, as usual, low, being 69.5 per 1,000 births. The average for the last nine years is 78.6—of these 8 deaths under one year, three were due to premature birth. Infants are well cared for, and during this year, as for many years past, there has been no instance of overlaying. Health visitors are not employed in the district. I attribute the low infant mortality to the fact that there is practically no overcrowding amongst the poorer classes, which are well looked after by the various charitable and religious organisations in the village.

Factory and Workshops Act.

The factories and workshops have been systematically visited during the year. They have been maintained in a condition of sanitary efficiency. The question of outworkers does not arise in this district. Thirty-five inspections were made in 28 workshops (including 5 bakehouses): two defects were found, and both remedied. No matters were referred to H.M. Inspector, and no prosecutions were undertaken. In one case action was taken in a matter referred by H.M. Inspector as remediable under the Public Health Act alone. The report was subsequently sent to H.M. Inspector.

Inspection of District.

Cottage property, slaughterhouses, and dairy farms, have from time to time been inspected by your M.O.H. and Sanitary Inspector during the year, irrespective of outbreaks of disease or complaints. Such nuisances as have occurred during the year have been remedied without recourse to legal proceedings.

I commend to your notice, in particular, the consideration of the school question, which, as is evidenced by the recent epidemic, is one of considerable importance. With this exception, the report is a highly satisfactory one as regards the general health of the residents and the sanitary condition of your district.

A. BUTLER HARRIS, M.A., M.B., B.Ch., Oxon.
Medical Officer of Health.

TABLE I.

Vital Statistics of Whole District during 1909 and previous Years.

Year.	Births.	Total Deaths Registered in the District.			Nett Deaths at all Ages belonging to the District.				
		Under One Year of Age.		At all Ages.		Number.		Rate.*	
		Number.	Rate.*	Number.	Rate.*	Number.	Rate.*	Number.	Rate.*
1	2	3	4	5	6	7	8	9	10
9 months of									
1900	4500	72	21.3	15	97.2	57	16.8	38	3.11
1901	4730	127	26.9	12	94.5	35	7.4	33	6.9
1902	4800	113	23.9	12	106.2	42	8.7	40	8.3
1903	5000	128	25.6	11	86.0	43	8.6	42	8.4
1904	5100	105	20.6	9	95.2	47	9.2	44	8.6
1905	5300	101	19.0	6	59.6	41	8.3	44	8.5
1906	5500	109	19.8	9	82.6	52	9.4	52	9.4
1907	5700	109	19.0	1	9.0	50	9.8	54	9.0
1908	5900	103	17.4	9	87.3	44	7.6	43	7.3
Averages for years 1899-1908		5253	11.11	19.3	9.8	78.6	48.4	9.8	8.7
1909	6000	115	19.1	8	69.5	48	8	1	1*
								8	55
									9.2

* Rates in Columns 4, 8, and 13 calculated per 1,000 of the estimated gross population.
 Total Population at all ages at Census of 1901, 4,730. Area of District in acres (exclusive of area covered by water), 3,961.
 Number of Inhabited Houses at Census of 1901, 946. Average number of Persons per House, 5.

TABLE III.
Cases of Infectious Diseases notified during the Year, 1909.

NOTIFIABLE DISEASE.	CASES NOTIFIED IN WHOLE DISTRICT.						
	At All Ages.	At Ages—Years.				Total cases removed to Hospital.	
		1 to 5.	5 to 15.	15 to 25.	25 to 65.		
Small-pox	
Cholera	
Diphtheria (including Membranous croup)	
Erycipe las	2	2	...	
Scarlet Fever ...	65	17	47	1	...	51	
Typhus Fever	
Enteric Fever	
Relapsing Fever	
Continued Fever	
Puerperal	
Plague	
Totals	67	17	47	1	2	51

TABLE IV.
Causes of, and Ages at, Deaths during Year 1909.

Causes of Death. I	All ages.	Deaths of "Residents" whether occurring in or beyond the District.								Total Deaths whether of "Residents" or "Non-Residents" in Public Institutions in this District. 9
		3 Under 1 Year.	4 1 and under 5	5 5 and under 15	6 6 and under 25	7 25 and under 65	8 65 and upwards.			
Scarlet Fever	2	...	1
Rheumatic Fever ...	1	1
Enteritis	1	1
Other tuberculous diseases	1	1
Cancer, malignant disease	3	2	1
Bronchitis	2	2
Pneumonia	5	4	1
Other diseases of Respiratory organs	1	1
Venereal diseases ...	1	...	1
Premature birth	3	3
Heart diseases	4	3	1
Accidents	1	1
Suicides	3	3	Unknown Suicide in Forest
Marasmus	2	2
Mephritis	2	1	1
Cerebral Apoplexy ...	6	4	2
Old Age	7	7
All other causes	10	2	1	5	2
All causes ...	55	8	3	1	0	26	17	1		

TABLE V.

Infantile Mortality during the Year 1909. Deaths from stated Causes in Weeks and Months under One Year of Age.

Population estimated to middle of 1909, 6,000.

Births in the year, legitimate, 115.

Deaths from all causes at all ages, 55.

Deaths in the year of legitimate infants, 8.

Annual Report of Inspector of Nuisances.

Summary of Work done through the Sanitary Inspector in the Urban Sanitary District of Loughton during the year ending December 31st, 1909.

1	Complaints received	17
2	Nuisances detected without complaint	11
3	Nuisances abated	28
4	Notices served	6
5	Cottages inspected	47
6	Lodging-houses inspected (none in district)	0
7	Slaughter-house inspected	3
8	Bakehouses inspected	5
9	Dairies and Milk Shops inspected	7
10	Cowsheds inspected	7
11	Workshops inspected	23
12	Houses disinfected	51
13	Overcrowding abated	3
14	Houses erected or re-built for which Water "Certificates" were applied	32
15	"Certificates" granted	32
16	Houses connected with sewers	32
17	Houses connected with water mains	32
18	Privies and W.C.'s repaired; W.C.'s supplied with water	11
19	Cisterns cleansed, repaired, or covered	1

S. T. BOCOCK,

A. R. San. I.,

Sanitary Inspector.

Annual Report of Surveyor.

LOUGHTON,

JANUARY 10TH, 1910.

To the Chairman and Members of the Loughton Urban District Council.

GENTLEMEN,

I have very great pleasure in presenting to you my tenth Annual Report of the work done by the Council under my supervision.

The year has been one of steady progress and improvement, shewing nothing remarkable in the way of heavy expenditure, but constant improvements rendered necessary by the continued growth of the population in the District, keeping the District abreast with those surrounding it.

Dealing first with the work done by the Sanitary Committee—During the year, forty-three sets of plans were submitted for its approval, including those for twenty-three new houses, of which only four were disapproved.

The number of plans submitted compares favourably with forty-six in 1908, thirty-two in 1907, thirty-five in 1906, thirty-six in 1905, and twenty in 1904; but the forty-three sets submitted only included those for twenty-three new houses, while the forty-six of 1908 referred to sixty-two houses, which is explained by the fact that this year the plans include many additions to houses, sheds, drains, and other small buildings, while in 1908 several of the sets included 10 or 12 cottages in one set.

At the Outfall Works the effluent turned out continues to be most satisfactory, and no complaint as to the quality of it, or the condition of the river, has been received.

A change in the staff at the Works was effected by a new man being employed.

A ditch was piped in, and a small alteration made to the tanks, and an overflow put to the main sewer.

The beginning and the end of the year saw the Committee trying to improve the condition of the road to the Works, but lack of funds has prevented a satisfactory job being made of it.

During the whole of the year the Committee has also tried to effect an improvement in the water supply to the Foreman's cottage, and it is hoped that this improvement will soon be accomplished.

The mangold crop was better than in the preceding year, and a fair price was obtained.

The commencement of the year 1909, and also the end of it, saw the Highways Committee laying in various storm water drains for the better preservation of the roads, this helping those men who were unable to obtain work elsewhere.

Care has been taken that only deserving men residing in the District are employed, and married men—especially those with children—have received prior consideration, and the work has been distributed equally between the applicants. The wages are kept low, so that, if a better job can be had, the men will take it; and the work done by these men shews that the Council can claim that their experiment in dealing with the grave question of unemployment has been an unqualified success, and reflects credit upon all the men employed.

In the early months of the year, the work done by these men consisted of laying a drain from High Beech Road across Smart's Lane and Forest Road to discharge into the Brook, and which has stopped the flooding down Smart's Lane and at the Triangle, a new drain at the foot of Albion Hill, widening part of Nursery Road, and a path made, and paths also made in England's Lane and at the top of Uplands Estate.

Up to the present time this Winter a drain has been laid across the Triangle, and drains and gullies have been laid up Pump Hill, Lower Road and Goldings Hill.

The experiment was tried during the Summer of tar-painting the paths in Staples Road, England's Lane and York Hill, and was very successful.

Parts of the paths in Smart's Lane and Forest Road were tar-paved. The paths in England's Lane and Upper Park were kerbed, and tarmacadam was laid down in the road channel on Queen's Road to prevent storms cutting it up.

A new fence was erected round the head of the Reservoir, and the path across the Forest from Forest Road to Staples Road was re-made, and the footbridge over the Brook was re-built.

The Council also contracted for the digging of gravel and hoggin from the pit in the Forest during the Summer, and 731 yards of the former, and 100 yards of the latter were dug and carted at an average cost of 5s. 3d. per yard for gravel, and 3s. for hoggin.

Granite to the extent of 500 tons was purchased, and at the close of the year was being put on the roads direct from the rail and rolled in.

The close of the year saw all the footpaths across the fields in the District indicated by sign posts, so that visitors and new residents in the District will speedily be enabled to enjoy these very pleasant walks.

As in former years the rates have not been increased by all these improvements, and the roads, etc., of the district have been kept up to the same pitch of excellence as hitherto, which, I think, is a matter upon which the Council can congratulate itself.

Your obedient Servant,

HORACE WHITE,

District Surveyor.

